

Community Action Agency Services

The North Dakota Community Action Association (NDCAA) has updated their Resource and Referral Guide to highlight some of the programs and services provided by the CAAs:



Child Care

Early Head Start: This program serves children prenatal to age three. A comprehensive service that focuses on early childhood development and education, health, nutrition and parental involvement. **(Regions V & VI)**

Head Start: Head Start is a comprehensive early childhood program for eligible preschool children. Children and their families also have access to a variety of support services. Center based Head Start and Home Based Head Start are administered by some CAAs. Child Care centers provide affordable child care for low-income families. **(Regions V, VI, & VIII)**

Child Care: Child Care Centers provide affordable child care for low-income families. **(Region V)**

Day Care Vouchers: Vouchers provided to in-need individuals and families to assist with childcare expenses. **(Region IV)**



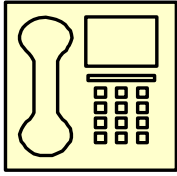
Client Education

1-2-3 Magic: Parenting program utilizing proven techniques, humor & insight to provide parents of children ages 2-12 with easy-to-learn disciplinary methods. **(Region VI)**

Education Scholarships: Scholarships given to Self Sufficiency clients for items necessary to further education or job training. **(All CAAs)**

Residential Energy Efficiency Program: Individuals are provided with information, techniques and materials on decreasing energy use; lowering energy bills; and increasing the level of comfort in their homes. **(All CAAs)**

Tutoring Services: Client tutoring needs are met by home-based and center-based services. **(Region II)**



Emergency Assistance

Adult Homeless Shelter: Emergency shelter available for adults when all other resources are exhausted. Individuals receive case management services while residing in shelter. Stay for residents is 30 days. **(Regions I & VIII)**

City Bus Passes: Provided to in-need residents to assist with priority travel (e.g. school, employment, medical, etc.) **(Region IV)**

Communities United in Partnership (CUP): Area churches contribute to the CUP fund with the money used to meet emergency needs for residents in the community. This is a 24 hour emergency fund available with the assistance of the police department after hours and on the weekends.
(Region IV)

Emergency Services: Funds are provided to income eligible individuals and families needing assistance with first month or past due rent, mortgage assistance, utilities, security and utility deposits, utility disconnect notices, prescriptions, medical needs, and transportation (specific services vary among agencies). **(All CAAs)**

Energy Share of North Dakota: A non-profit voluntary program to assist low income North Dakotans with emergency home energy needs. Energy Share funds focus on emergency bill obligations not covered by other assistance programs. **(All CAAs)**



Financial & Legal Services

Better Money Management Workshops: Free workshops available to assist participants in prioritizing their spending, setting up a budget, and setting financial goals. **(Regions II & IV)**

Budget & Money Management Counseling: Assists individuals and families in stabilizing and improving their financial situation. Counseling consists of financial analysis, debt management, information & referral. **(Regions I, II, III, IV, VI, VII & VIII)**

Legal Assistance of ND: Free legal services are offered on-site to clients needing legal advice or assistance. **(Region IV)**

Representative Payee Case Management: Finances of participating recipients of Social Security and Supplemental Security Income are handled by CAAs. Clients are assisted in making intelligent spending choices on limited incomes. **(Regions I, II, III, VII & VIII)**

Saving Our Cents: An Individual development account program that provides a 2:1 match. Low to moderate income participants save for home ownership, education/training, or business development. **(Regions I, II, III, IV, V, VII & VIII)**

Volunteer Income Tax Assistance (VITA): Helps low-income, elderly, non-English speaking, and persons with a disability complete their federal and state income tax returns. **(Regions I, II, III, IV, V, VII & VIII)**



Food Programs

Child/Adult Care Food Program: This program works with registered and licensed childcare providers who receive monthly reimbursement for serving nutritious meals and snacks which meet the guidelines set by the U.S. Department of Agriculture. **(Regions III, IV & V)**

Commodity Supplemental Program: A supplemental food program available to low income seniors age 60 and over. Food is provided on a bi-monthly basis. **(Regions I, II, IV, V, VII & VIII)**

Emergency Food Assistance Program: Provides surplus food commodities to food pantries, soup kitchens and homeless shelters. **(All CAAs)**

Food Fellowship: A prepared and perishable food program. This program recovers surplus foods from area schools, grocery stores, dairy companies etc. **(Regions III & IV)**

Food & Nutrition: Food pantries are administered and supported by CAAs across the state. Many CAAs house food pantries within their agencies and/or have established pantries throughout their regions. **(All CAAs)**

Market Express: A grocery shopping and delivery service for frail elderly and disabled persons living in the city of Grand Forks. **(Region IV)**

Sportsmen Against Hunger: In collaboration with local sporting groups and meat processors, this program works to distribute donated venison to local food cupboards throughout the state. **(All CAAs)**

Summer Food Program: A program of the USDA, sponsored by Community Action Opportunities, provides a nutritious noon meal for children ages 7 months to 18 years during summer months in the Minot area. **(Region II)**



Health Services

Dental Voucher Program: An emergency dental program for uninsured income eligible people that are in need of emergency dental extractions. **(Region II)**

Diabetes Program: A grant from the Dakota Medical Foundation provides diabetic supplies to eligible individuals on an emergency basis. **(Regions II, III, IV & VI)**

Family Planning: Individuals obtain comprehensive health care including health education, assessment and treatment with a goal of meeting family planning needs and safeguarding future fertility. Community youth are also provided with health education programs. **(Region VIII)**

HIV Prevention Program/Safer Sex: This program provides free condoms and safer sex kits to the general public, along with individual education on proper use and safety precautions. **(All CAAs)**

HIV Counseling and Testing: Free and confidential HIV testing is available by appointment or walk-in. The HIV test used is a non-invasive oral swab, and the client can return to get their results in about 1 week. A brief prevention counseling session is included in the testing service, and focuses on reducing the client's at-risk behaviors. **(Regions I, II, IV & V)**

Medication Access Program: Assists individuals in accessing free and low cost medications from drug manufactures. **(Region VIII)**

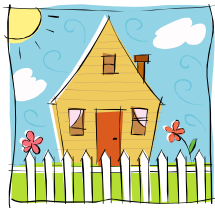
Prairie Rose Center: A center for chronically mentally ill individuals in the community that provides social and recreational activities which help develop daily living skills. Information and referral services are available to help members become more aware of community resources. **(Region VIII)**

Prevention Case Management: This service is a combination of risk-reduction counseling and case management. It is designed for people who are newly diagnosed with HIV, or those who are at high-risk for contracting HIV. The ultimate goal of this service is to promote healthy behaviors that reduce risk for transmitting or contracting HIV. The main components of Prevention Case Management are risk behavior assessment; medical and psychosocial needs assessment; risk-reduction counseling; and establishing connections with other community agencies. **(Regions I, IV, V, VIII)**

Ryan White CARE Act Title II (RWTII)/North Dakota Comprehensive AIDS/HIV Resources and Emergency Services (ND CARES): This program is offered to assist clients living with HIV or AIDS in obtaining health and supportive services. This service focuses on improving the client's quality of life, addressing issues with housing, transportation, and other needs. CAA staff work closely with a case manager at the local Public Health units to coordinate services, as Public Health works with the client on obtaining medication, medical services, etc. **(Regions I, II, IV, V, VII, VIII)**

Senior Health Insurance Counseling: Provides assistance to senior citizens who have questions or problems understanding their insurance coverage, billings or other related issues. **(Region IV)**

Third Street Clinic: Free clinic that provides medical, dental and mental health services to persons without insurance. **(Region IV)**



Housing Services

Community Housing Development Organizations (CHDO): CAAs are non-profit developers of affordable housing for low-income individuals and can assist with acquisition and rehabilitation of existing rental housing; rehab of existing rental housing owned by another entity; construction of new rental housing; acquisition and rehab of existing housing for sale to first-time homebuyers; and building new housing for sale to first-time homebuyers. **(All CAAs)**

Homeownership Acquisition & Rehab Program (HARP): Aids low-income households with stable income and good credit rating to purchase, rehab and own housing. A joint effort of the North Dakota Housing Finance Agency and CAAs. **(All CAAs)**

HOME/Owner Occupied Rehabilitation: Intended to preserve and extend the life of existing housing in North Dakota. The goal is to provide assistance to low and moderate income homeowners in maintaining their homes as safe, sanitary dwellings. Priorities include correcting structural deficiencies, meeting code standards, Weatherization and general home improvements. **(All CAAs)**

Housing Counseling: Certified housing counselors provide counseling services to homeowners, homebuyers, and renters. Individuals are assisted with improving housing conditions and meeting the responsibilities of home ownership and tenancy. **(Regions I, II, III, IV, V, VII & VIII)**

Homebuyer Education: A cooperative effort between CAAs, lenders, realtors and other housing providers. Free workshops provide information on the homebuying process, renting vs. owning, post-purchase considerations and other pertinent topics. **(All CAAs)**

Reverse Mortgage Program: Case managers assist senior citizens in evaluating the benefits of a reverse mortgage. A reverse mortgage is a loan that can provide monthly income. The mortgage/loan is paid off when the home is sold. **(Regions I, V & VIII)**

Shelter House/Transitional Living: Provides temporary safe housing for individuals who are homeless due to domestic violence, eviction or lack of money. Varies by region. **(Regions I, IV, & VIII)**

Shelter Plus Care: A program that assists homeless individuals and families with disabilities to obtain safe and secure housing and supportive services. **(Regions I, II, III, IV, V, VII & VIII)**

Tri-State Help Program: A program that provides emergency and supportive services to individuals and their families living with AIDS in ND. **(All CAAs)**



Prevention Programs

Community Prevention Coalition: A collaborative effort among numerous agencies to address the issues of high-risk youth behaviors and the impact of these behaviors in the community. **(Regions I & VIII)**

Pregnancy Prevention: “Baby Think It Over,” a program utilizing life-like dolls, provides teenagers with hands-on parenting experience. Program is coordinated with area schools, hospitals, health units and social service agencies. **(Regions I & VIII)**

Safe Communities Coalition: These volunteer Coalitions, consisting of area organizations, are dedicated to addressing traffic, home & community safety related issues. The Coalitions provide various educational programs, advocate for policy issues and encourage community involvement. **(Regions I, VII & VIII)**

Safe Seats Car Seat Program: Safe Seats is a program in which parents are able to obtain car seats for a reasonable donation, and receive basic education on the proper use of the seat in the car. **(Regions I & VII)**

Substance Abuse Prevention Program: A program that promotes and advocates drug and alcohol prevention including information about substance abuse problems and existing resources available within the region to address the needs. Works with area coalitions to assist them in planning drug and alcohol prevention activities within their communities. **(Regions I, VI & VIII)**



Self Sufficiency Programs

Career Closet: A program that provides professional attire and accessories for men and women as they seek employment opportunities **(Regions III & VII)**

Donation Center: Clothing, household items and furniture are available free of charge to eligible households on a first come first serve basis. Donations to the center are always welcome. **(Region VII)**

Individual and Family Services: A variety of therapeutic services tailored to meet the specific needs & concerns of individuals, families and children. **(Region VI)**

Job Club/Employment Development Program: Provides support for people seeking employment. Topics include self-esteem, assertiveness, career development, goal exploration, job search, resume writing, interviewing skills and maintaining employment. **(Regions I & VIII)**

Job Retention: Addresses soft skills related to obtaining and maintaining employment. Some of the topics include: stress management, conflict resolution, household planning and much more. Program can be offered in a workshop or one-on-one format. **(Selected Regions)**

The Pacific Institute: Trained facilitators offer seminars that address:

**Insights to personal behavior*

**Managing stress and pressure*

**Instilling self confidence*

**Principles of decision making*

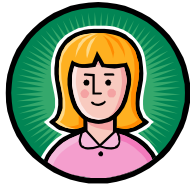
**Constructive self motivation*

(Regions II & VII)

Self Sufficiency Program: Clients work with CAA staff on goal setting, eliminating barriers to self sufficiency and linkages to resources throughout the community. **(All CAAs)**

Senior Companion Program: Senior Companions provide assistance and friendship to seniors and others who have difficulty with daily living tasks. The service provided helps them live independently in their homes. **(Region I)**

Supportive Employment & Job Coach Program: Persons with developmental disabilities or with chronic mental illness are placed in employment situations with a job coach. **(Region VIII)**



Youth Services

Causitive Power: A seminar tailored to meet the special needs of today's youth, ages 12-18 years, for their positive growth and development. **(Region VII)**

Foster Grandparents: Provides assistance to children with special needs. Foster grandparents help with social skills, assisting with reading skills or assisting a child with physical disabilities. **(Region II)**

Joint Action Community Service (JACS): A national human service organization of community volunteers assisting at-risk youth, after Job Corps training, enter the workforce and become self reliant adults. **(All CAAs)**

Keys to Inner Vision: Motivational program, in conjunction with Juvenile Court, assists youth in developing positive attitudes, making good choices, and building self-esteem. **(Regions VII & VIII)**

School Supplies: Provides Children with the essential supplies to attend school. **(Regions III, IV & V)**

Teen Court: Voluntary program in which juvenile offenders are sentenced by their peers. The program strives to promote youth accountability and development. **(Regions II & VII)**

Youth Educational & Recreational Scholarships: DPCAA provides funding to low income children for educational and recreational activities. **(Region III)**

Youth Program: An after-school group for homeless and low-income children during the school year which provides various free recreational and educational activities. **(Region IV)**